

"EMPOWERING AND HEALTH-ENHANCING INFORMATION"
—Christiane Northrup, M.D., Author of *The Wisdom of Menopause*

WHAT YOUR DOCTOR DOESN'T KNOW ABOUT **Nutritional Medicine** MAY BE KILLING YOU

Turbo-charge your body's natural healing power

Why your cholesterol level is *NOT* the key to
protecting you from heart disease

What medical evidence really indicates about the
root cause of cancer, diabetes, arthritis, Alzheimer's,
fibromyalgia, and many other diseases

Start your anti-aging strategy now and protect
yourself against the dark side of oxygen

RAY D. STRAND, M.D.

Ray D Strand

What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You



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Discusses the function nutritional medicine takes on in recovering from illness, slowing growing older, and protecting good health.



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A book by which we discover the healthiest ways that to be healed from many sicknesses. Great information Great info about how to modification your health without needing prescription drugs. Consider change of your healthful, read a whole lot from credible resources and take action to improve the way you take care of your body and you won't be using your health insurance except for emergencies like mishaps..Among various other it's delightful in the book to learn the many cases, as most of these being truly amazing. Strand advocates. This doctor got a wife who was simply sick and all the doctors he know couldn't help her.: "Medication Muggers: Which Medicines are Robbing THE BODY of Essential Nutrients", I then discovered that the drug which a doctor had put me on against stress, not was good for people consuming banana, or rice, that i daily are getting. So only rarely the problem may be the total cholesterol amount, but instead id there are several oxidized LDL; exactly like we have the oxidizing problem to watch for throughout the body. Especially I today observe how helpful, and essential, the Grape seed extract is definitely in many sickness instances, besides by raising the outcomes from the vitamins and minerals. For instance, in the diabetes chapter we find out about Joe whose ratio triglyceride / HDL was 40, by the cholesterol measure, while not allowed being greater than 2, if avoiding diabetes. Five Stars Very informative Awesome and informative sometimes at 2017 Awesome and informative sometimes at 2017. But by in the book reading about the physician misbelief in nutritional medication, I clearly recall my own fight with doctors here in Chiang Mai, during today 13 years, mostly regarding the manner in which they blindly believe to cures cholesterol and tumor.5. For example, when I back in 2011 received the publication by Cohen, Suzy, RPH. In the book is interesting to read that whenever Ray was studied medical then your cholesterol level less than 320 was considered being normal, while today it the has fallen to 200, but that this in reality being a misunderstanding about LDL, as LDL is quite healthy except for part of it which can have been oxidized. Now(30 years)she only takes a tiny bit of medicine and she proceeds to improve. And I also from the book Burt Berkson, MD, PhD.: "The Alpha Lipoic Acid Breakthrough", recalled how he would have already been fired, hadn't it come to the news headlines, after he 2 * two times had saved the life of individuals, poisoned by fungi, because he utilized ALA, (Alpha linolenic acid), that your hospital didn't know about. arthritis etc are because of poor nutrition, unremitting stress Understand that most Doctors obtain hardly any or no education on the subject of the role of diet, exercise, stress etc. Obviously he began to add the nutritional training to his occupation he lacked and has become a much more successful doctor consequently. And actually I'm likely to buy Grape seed extract, to discover if it can benefit in solving some of the problems which my partner during some years offers talked about. It is easy to acquire the degenerative conditions if we take our health for granted. The majority of our modern diseases- diabetes, heart disease, car immune disorders, arthritis etc are due to poor nutrition, unremitting tension, too little sleep, lack of exercise, environmental toxins, poor gut wellness. I also recommend this publication to all healthcare professionals specifically MD's, nurses, pharmacists, and other disciplines to tell them that the body has the ability to heal itself or even to prevent chronic degenerative diseases through a switch of lifestyle with emphasis on nutritious diet, exercise and nourishment. My child had a lifestyle threatening case of Lupus when she was 21. I shoved the reserve to the doctor, nonetheless it didn't possibility anything in the hospital, the drug continued in being giving to patients. Still we browse that just 7 % of doctors find out about vitamins and minerals, and that doctors have a tendency to look at nutrition as being drugs. Very good entry level book on Nutritional Medicine Excellent primer on dietary medicine. I experienced to deduct one star as the only issue that bothers me is there was no real mention of Probiotics, and presently there is enough of research that has been around

for years to support probiotic make use of in Nutritional Medicine. However, for the first calendar year student in medical field or the arm chair health nut, this reserve will serve you well. The book is printed in 2002, but I have to say that it's hard compared to that it will be different if it first was printed this season, this because the antioxidant advises nearly is current, and because unfortunately still most doctors still don't understand the importance in organic antioxidants, but instead blindly only trusts drugs. I have a tendency like emphasis more on getting healthful through more natural means, apart from taking products, which Dr. So when I after that looked in my additional books after Grape seed extract I came across that I had forgotten what I earlier there had go through as I almost found nothing about it. However, since a lot of people do not eat more than enough fruits and vegetables, and our food supply has much lower vitamins and minerals than it used to, this is a must go through before starting drugs for chronic circumstances. I highly recommend this book to everyone not merely to anyone who has chronic degenerative circumstances but even to those who wish to have a healthier life inorder to take pleasure from their lives to its fullest. Great and an incredible book! The book is quite thorough and specific in its contents and information about the roles of supplements and vitamins. A pal stepped in with some natural supplements and she got well. The book puts great emphasis on cell nutrition which people ignore due to insufficient knowledge and information. It might even help people get off their current medicine and heal their conditions. For whatever you Doctors out presently there we want to address the primary cause of our sickness not only manage it with prescriptions. A must browse for anyone looking to use nourishment to .Despite the fact that I own around 300 doctors and health books I still simply by this publication found important information.. A must browse for anyone looking to use nutrition to boost their health rather than just taking medications for issues. averedge diet doesnt provide us what we are in need of very helpful, the first time i've understood anti-oxident problem . tells how as a health care provider he previously no use for health supplements until his wife, therefore ill with fibromyalgia, improved therefore quickly with some vitamin supplements a friend brought. a specific list for daily desires is included Extraordinary This book is necessary reading for all who want optimal health. It should be required reading for your personal physician. Five Stars Extremely informative. God and Buddha bless whoever writes these stuff. And then by changing his life style after simply 12 weeks his triticale ratio already have been rejected to only 2. Read in one sitting. Five Stars I love this book and research a lot healthful knowledge. Boo to the amount of money sucking doctors.



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